

On My Knees

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Jan Whitson (UK)

Musique: Like A Prayer - Celine Dion

RIGHT SIDE, DRAG, LEFT CHASSE, CROSS, HOLD, CROSS SHUFFLE

1-2 Slide right long step to right, drag left in count 1

Right arm is stretched to right side above head, left arm stretched out to left side, both arms away from body

3&4 Left side shuffle, left, right, left

5-6 Cross step right over left, hold

&7&8 Step left to left, cross right over, step left to left, cross right over

UNWIND ½ LEFT, STEP RIGHT, LEFT LOCK LEFT, RIGHT ROCK, ¾ RIGHT SHUFFLE TURN

1-2 Unwind ½ turn left(weight left)step right forward(facing left diagonal)

3&4 Step left forward, step lock right behind, step left forward

5-6 Rock forward on right, recover on left

7&8 ¾ shuffle turn right, right, left, right

LEFT & RIGHT HEEL JACKS, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK

1&2& Cross left over right, step right back, touch left heel forward, step left in place

3&4& Cross right over left, step left back, touch right heel forward, step right in place

5&6 Cross left over right, step right to right, cross left over right

7-8 Rock right out to right, recover weight on left

RIGHT SAILOR STEP, LEFT SAILOR ¼ LEFT, ½ LEFT, ¼ LEFT, RIGHT SIDE ROCK

1&2 Step right behind left, step left in place, step right to right side

3&4 Step left behind right, step right in place, step left ¼ turn left

5-6 On left turn ½ left stepping right back, on right turn ¼ left step left forward

7-8 Rock right across left, recover weight on left

REPEAT

SUGGESTION:

After 8 walls (3 min, 10 sec) stop the music